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A head and restraint assembly for a motor vehicle seat having a seat back includes a support member that is removably securable to the seat back. A body portion including a foam cushion is disposed adjacent the support member. A pivot tube is fixedly secured to the support member. The pivot tube defines a slot cut through the pivot tube. A spring is fixedly secured to the pivot tube and extends through a portion of the pivot tube. The head restraint assembly also includes a pivot rod that is disposed within the pivot tube. The pivot rod includes a guide pin that extends out of the pivot rod and is received by the slot. The pivot rod is fixedly secured to the body portion such that rotation of the pivot rod with respect to the pivot tube pivots the body portion with respect to the support member to move the body portion between a use and a tilted position.